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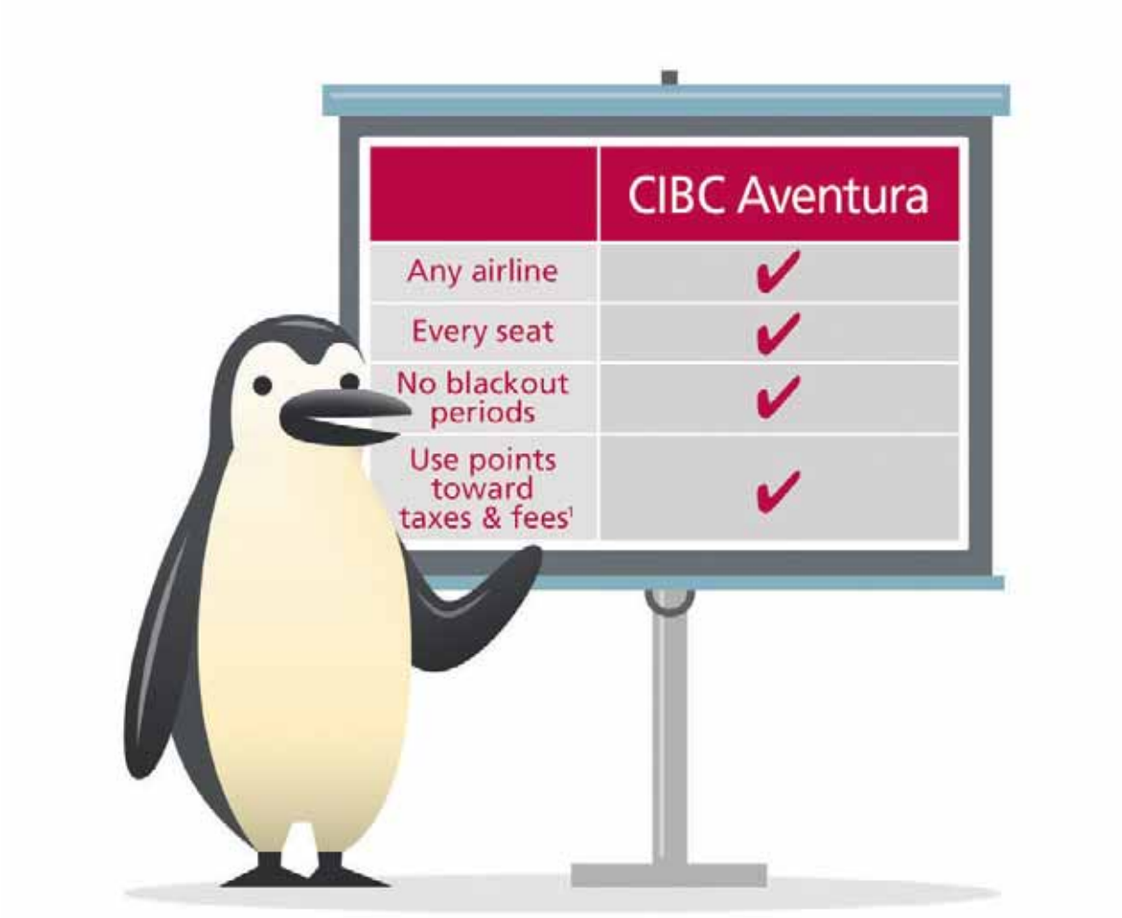

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POLICE CHIEF BILL BLAIR SAYS TRAFFIC CAMERAS WOULD FREE UP OFFICERS FOR MORE IMPORTANT DUTIES PAGE 4

Mo' money, mo' music, it would seem

Ontario launches $45-million fund to boost music industry; local rapper says great things can happen when cash flows PAGE 8

Lethal crash has GTA man stuck in Cuba

Mississaugan told not to leave the country after he and his guide get into an accident on the way home PAGE 5

Want cut abs? Then cut out the beer, dude

Pure exercise won't get you a ripped physique — you also have to pay attention to what you put in your body PAGE 26

NEWS WORTH SHARING.

RUN FOR MAYOR? MAYBE JUST RUN

Mayor Rob Ford decorated his office for Halloween with skeletons and cobwebs, then invited the media for a look on Monday. Meanwhile, his brother, Coun. Doug Ford, said he will be "heavily involved" in the mayor's bid for a second term, saying the campaign will be a "dirty" one. Story, page 3. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Duffy delivers damning diatribe

Senate scandal. Second cheque prompts double take as Duffy says PMO paid his legal bills too

The $90,000 from Stephen Harper's former chief of staff wasn't the only secret payment made on Mike Duffy's behalf, says the senator at the heart of the expense scandal.

For the second time in as many weeks, Duffy — expelled from the Conservative caucus in May — shocked the upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy declared before releasing more documents.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses. In return, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and end the scandal.

Facing suspension without pay for the next two years, Duffy and fellow exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of $13,560 to Duffy's legal representative last April 3.

Accusation

"It was never about ethics; it was always about politics."

Sen. Mike Duffy, on the alleged actions of the Prime Minister's Office

Duffy says he'd already been "coaxed" into accepting $90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright arranged to have my legal fees paid," he told a rapt upper chamber.

Harper has steadfastly maintained he knew nothing of Wright's largesse.

Duffy alleged the funds for his legal fees came from the Conservative party.

According to Duffy, "the PMO told me to say that my wife and I took out a loan at the Royal Bank.... That line was written by the PMO to deceive Canadians as to the real source of the $90,000," he asserted. THE CANADIAN PRESS

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CANADA POST POSTES CANADA

Coun. Doug Ford foresees 'dirty' mayoral campaign

Beware of scary stuff at city hall. Mayor's brother promises 'blood sport' as another councillor calls for a more civil election race

Asked what kind of mayoral election campaign Toronto will see next year, the mayor's brother, Coun. Doug Ford, was unequivocal: A"dirty" one.

Asked who, specifically, would be playing dirty, Ford did not exclude himself.

"I wouldn't think anyone plays dirty in politics, especially at city hall, would they?" he responded sarcastically.

"It's going to be a dirty campaign; the last campaign, people saw very clearly. It's a dirty campaign, it's a dirty business, it's a blood sport, politics. Very simple. We have an agenda from the people; we're fulfilling the agenda. The mayor's the only politician that I can remember in recent memory who can get up there and say, 'This is what I've promised, I did what I promised.'"

Ford, who said he will be "heavily involved" in Mayor Rob Ford's bid for a second term, spoke to reporters following right-leaning Coun. Karen Stintz's announcement that she will be running. David Soknacki, a right-leaning businessman and former councillor, has also said he will be a candidate.

Coun. John Parker, another conservative, endorsed Stintz minutes after Doug Ford's comments. He said Doug Ford is "in a position to determine" how dirty the campaign will be.

"I would hope that it's a campaign based on ideas and positions," Parker said. "I think that's the message that Karen has delivered in the few hours that she has been on record as a candidate. I would hope that it would stay that way, and I would think that the voters of Toronto want it to be that way."

The vote is still a year away. The campaign period begins in just over two months.

TORSTAR NEWS SERVICE

Quoted

"The mayor's the only politician that I can remember in recent memory who can get up there and say, 'This is what I've promised, I did what I promised.'"

Coun. Doug Ford

Coun. Doug Ford invited the media in for a look at the mayor's decorated offices on Monday. He did not exclude himself when asked who would be playing dirty politics in upcoming election. TORSTAR NEWS SERVICE

Affordable housing

City to buy waterfront units

In a ground-breaking pilot project being unveiled Tuesday, the city of Toronto is proposing to buy between 70 and 75 units in a condominium to be built as part of the recently announced $1.1 billion Bayside neighbourhood development. The units would be owned and operated by a non-profit housing company and offer affordable rental housing for low- and modest-income residents, according to a staff report to be debated by the city's affordable housing subcommittee.

Aqualina Bayside
CONTRIBUTED

TORSTAR NEWS SERVICE

Investment scam alleged

T.O. man charged in fraud probe

Police in Toronto say they believe there may be more victims in an ongoing $7 million fraud investigation. Police say Steven Joshua Nowack, 50, faces seven charges in an investigation that began in August following a complaint from a Toronto resident.

Investigators allege that between October 2009 and July 2013, a man presented himself as a foreign-currency trader, who was trading a pool of funds in excess of $40 million. Police say he convinced people, through client references, to invest with him but never returned the invested money. It's alleged five people were defrauded of approximately $7.1 million.

THE CANADIAN PRESS

Illegal voting

Ward 9 candidate pleads guilty

Toronto businessman Gus Cusimano, who ran for city council in the 2010 election, pleaded guilty Monday to breaching the Municipal Elections Act by voting for himself in a ward in which he did not live. TORSTAR NEWS SERVICE

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Photo enforcement would better use force's manpower: Bill Blair

In the future. Police chief says the photo enforcement would ultimately pay for itself in ticket revenue

JESSICA SMITH
jessica.smith@metronews.ca

Toronto police Chief Bill Blair would like to see cameras, instead of cops, enforcing traffic laws at busy intersections.

In a speech to the Canadian Club of Toronto on Monday, Blair said enforcing laws such as turning restrictions at busy intersections uses police manpower — which is expensive — and makes gridlock worse, by shutting down the lane officers use to pull drivers over.

"There's a better way," he said. "You can put a camera in the intersection and a sign that no one could miss saying: If you make this turn, or go through a red light or box in the intersection, you're going to get a ticket."

Blair argued that drivers tend to make illegal turns when they don't think a police officer will be watching and are more likely to obey a sign that warns them they're guaranteed to get a photo-enforcement ticket if they break the law.

"Then I don't have to tie up a really expensive resource — a police officer, when there is far more important work — and I don't have to send them to court to testify," he said.

Blair said the photo enforcement would ultimately pay for itself in ticket revenue and the question of what to do with any extra revenue is a political one, but he thinks it could go to other measures to help reduce gridlock.

Photo enforcement would, however, require new provincial legislation to enable it, he said.

Blair acknowledged that there is likely to be opposition to the technology, which he believes stems from "misinformation" about photo radar.

The Ministry of Transportation said in a statement it has not looked closely at the issue of using cameras to catch traffic infractions other than red-light running.

"However, if Chief Blair or Toronto city council has safety concerns, we are open to hearing them and would welcome conversations on this matter with the chief."

Follow Jessica Smith on Twitter @jessiecatherine

Quoted

"Then I don't have to tie up a really expensive resource — a police officer, when there is far more important work — and I don't have to send them to court to testify."
Police Chief Bill Blair

Toronto police Chief Bill Blair gives a speech to the Canadian Club of Toronto at the Royal York Hotel on Monday.
JESSICA SMITH/METRO

Chief's take

Addressing Rob Ford questions

Police Chief Bill Blair also addressed the issues of how he handled questions about Mayor Rob Ford's alleged connection to the Project Traveller gang investigation, by saying that cops don't gossip.

Blair said police are given extraordinary powers — including listening in on conversations, conducting searches, interrogating people and arresting people. "We are not given those extraordinary powers to gossip," he said. "We are not given those extraordinary powers to feed the press."

"Quite frankly, in my opinion, there is a difference between the public interest and what the public is interested in," he said. "I want to assure the people of Toronto that when there is evidence of wrongdoing we will leave no stone unturned, we will pursue every avenue of investigation that is required to do our jobs and uphold the law.

"That will be done without fear and without favour," he said.

Blair said the evidence police have gathered is before the courts.

Yatim shooting

Several videos of the shooting of Sammy Yatim have been posted to YouTube, but police Chief Bill Blair says there are many more — a total of 22 shot by 17 cellphones, four cameras on the streetcar and one surveillance camera that captured the fatal event.

- "There were 22 cameras recording that particular event and it was instantly uploaded and being watched by thousands, 15 minutes after the event took place. And that, in and of itself, presents some challenges, for the city and for your police chief," he said.
- Const. James Forcillo is facing a second-degree murder charge for shooting Yatim.
- Blair said his decision to suspend Forcillo, taken after watching video of the shooting, "was without precedent but was the right thing to do."
- He also contacted the Yatim family, which he said went against legal advice, but was also the right thing to do.

On the web

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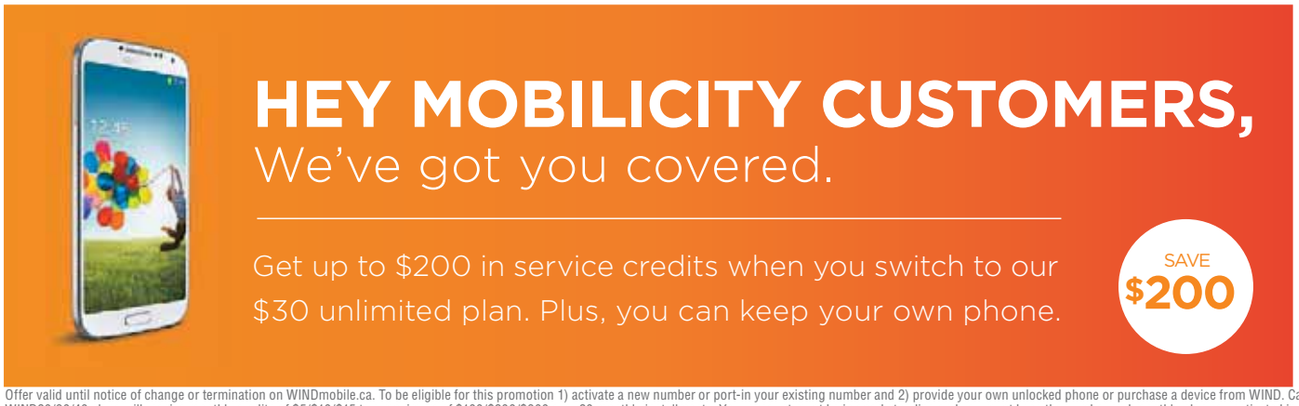
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GTA man trapped in Cuba after car accident

Damian Buksa has been stuck in Cuba for three months after a car he was riding in collided with a tree. COURTESY PETER ZAWABZKI

Vacation gone wrong. 34-year-old has been stranded since summer

A backseat nap turned into a nightmare for Damian Buksa, who says an evening at a Cuban bar ended with his guide dying in a car accident and the Mississauga man becoming stranded in the country for months.

Buksa, 34, says he was asleep in the back seat of a car he rented when his guide, who was driving, plowed into a tree shortly after leaving the bar. The guide died in the accident. Buksa survived, and says he was interrogated by police and told he couldn't leave the country.

That was nearly three months ago. Buksa is still stuck in the island nation with little information on when he will be permitted to leave.

"When I woke up … I didn't know we were in a different place. I felt something on my forehead and wipe my hand and see blood. I looked around the car — carnage. I knew something bad had happened," said Buksa in a phone interview from Cuba.

He says he left the bar early with one of the women they had met. The pair fell asleep in the back of the car, Buksa said. Later, when the driver wanted to leave with another woman, he took the keys from Buksa's pocket, the Canadian man said. Four people were in the car: the driver, Buksa and two women they were at the bar with. Buksa and one of the women were in the back. Both of the females survived the accident.

Buksa says he was interrogated after the accident — Cuban police allowed him to keep his passport, but advised him not to leave the country.

Buksa, who is trained as an electronics engineer, said he reached out to the Canadian embassy for help, and they told him to listen to the Cubans. He was given bills of $7,000 for the rental car and about $2,000 in medical costs for himself and another injured passenger. He says he has paid the costs but was still told not to leave the country. TORSTAR NEWS SERVICE

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Arab community starts a new conversation

A policy think-tank is announcing its launch with a gala meant to begin a new conversation about the Canadian Arab community.

"It's a fairly high-profile event and this is how we intended it to be," said Canadian Arab Institute (CAI) president Raja Khouri. "We are sending a message: Let's get to know each other again."

The gala, at the Royal Ontario Museum on Oct. 30, will be attended by members of the country's three main political parties and civic society leaders, said Khouri.

Think-tank

"We are sending a message, let's get to know each other again." Canadian Arab Institute president Raja Khouri

The theme is "a new conversation." Khouri said conflicts and extremism have dominated the conversation about Canadian Arabs and led to stereotypes the CAI is hoping to change by doing research to inform public policy and build understanding.

The gala will also mark the official launch of the CAI.

The think-tank plans to delve into domestic and foreign-policy concerns, including immigrant integration into society, civil rights, employment, poverty, socio-economic issues and trade and investment with the Arab world.

Upcoming research will include a close look at levels of child poverty in the GTA, Canadian Arab families and a community mapping project. JESSICA SMITH/METRO

Canadian Arab Institute (CAI) president Raja Khouri CONTRIBUTED

Officer ‘forgot’ to advise cuffed man of his rights during G20

Hearing. Simpson says Nicholas Wright was never arrested, even though it would have been ‘reasonable’ to conclude otherwise

A man stopped by police during the G20 protests three years ago was free to go on his way even though he had been handcuffed and placed in the back of a cruiser, a Toronto police officer testified Monday.

Const. Ryan Simpson also told his disciplinary hearing that he never arrested Nicholas Wright, but admitted failing to inform him of his rights when he detained him for investigative purposes.

“I just absent-mindedly, forgot to advise him of that,” Simpson testified.

Simpson did agree it would have been “reasonable” for Wright to believe he was in fact under arrest and admitted not telling him he was free to leave.

The officer has pleaded not guilty to making an unlawful arrest when he detained Wright, a lawyer, on Sunday June 27, 2010, the day after Black Bloc vandalism erupted in downtown Toronto.

He said he noticed Wright cycling between rows of traffic and decided to stop him. He then noticed Wright had a scarf and goggles around his neck, and was carrying a backpack.

Const. Ryan Simpson, right, is seen outside Toronto police headquarters on Monday where he and a colleague faced disciplinary hearings for allegedly arresting Nicholas Wright, left, illegally during the G20 summit three years ago. COLIN PERKEL/THE CANADIAN PRESS

Wright, 31, a lawyer, testified he gave the officer his name and address but refused to answer any further questions. Simpson, he said, told him he was under arrest for wearing a disguise and searched him and his backpack over his objections.

“The officer said he didn’t need my consent because I was under arrest,” Wright testified.

“I was told I didn’t have a right to remain silent because I was under arrest.”

THE CANADIAN PRESS

Man allegedly tries to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal’s main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was transporting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

“The investigation is still ongoing and it’s hard to tell what’s going to come out of it right now,” said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else.

“In the police report, he claims his innocence and says the bag belonged to someone else,” Morena told reporters outside the courtroom.

The Crown has remained mum about what exactly Piazza was carrying. His lawyer revealed some of the items police said they’d identified.

“They were talking about bullets, talking about powder, about wires, about (lighters),” Morena said.

Police have revealed less details to the media, saying only that what was found was not dangerous without actual explosives, but that they didn’t want to take any chances.

THE CANADIAN PRESS

Antony Piazza

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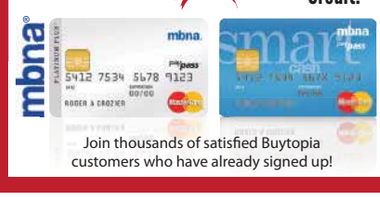

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Baldwin case. Convicted grandma wants standing at inquest into boy's death

A woman convicted of starving her five-year-old grandson to death has asked to be involved in a coroner's inquest examining the Toronto boy's case. Lawyer Jill Witkin, who represents the coroner, said Monday that Elva Bottineau called her from prison last week to say she wished to seek standing at the inquest into Jeffrey Baldwin's death.

In a letter, which was presented at the inquest Monday, Bottineau said she wanted to voice her opinions and "put the thruth (sic) out there."

CCAS social worker Margarita Quintana. TORSTAR NEWS SERVICE FILE

Lawyers for Jeffrey's surviving siblings and the office of Ontario's advocate for children and youth wasted no time in expressing their objections. They argued that allowing Bottineau to participate would only delay the inquest and give a convicted killer another chance to defend her actions after having exhausted all other legal avenues.

Much hinges on whether Bottineau will be able to retain counsel. Lawyer Owen Wigderson said his firm would meet with her Monday to see if it will represent her in the proceedings.

He asked the inquest to postpone further testimony by Jeffrey's children's aid worker until the matter was dealt with because whoever represents Bottineau would have to cross-examine the caseworker.

The coroner agreed to hold off any further questioning of Margarita Quintana until at least Tuesday.

THE CANADIAN PRESS

$45M fund to boost music industry gets Offishall nod

Kardinal Offishall, performing at a recent MuchMusic Video Awards, says he is a good example of what can happen when funding flows to help developing artists in Canada. AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

Launch pad.
Toronto rapper says government funding available 'many moons ago' helped propel him to success

A $45-million fund aimed at supporting the music industry in Ontario was officially launched Monday.

Michael Chan, minister for tourism, culture and sport, said the Ontario Music Fund — first announced in May — will support four sectors of the industry over the next three years: record labels, industry associations, music startups and promoters.

"Ontario is the heartland for music in Canada, generating over $420 million in revenue, representing more than 80 per cent of the national total," he said.

Speaking at the Revolution Recording studio in Toronto, Chan said applications are open now for record labels and industry associations, while startups and promoters have to wait until Nov. 7.

Celebrated Toronto rapper and producer Jason D. Harrow, better known as Kardinal Offishall, attended the launch. "I'm a direct example of what can happen if additional funding comes from the province and from the country," said Kardinal, who began his career in Toronto during the mid-1990s and is often dubbed Canada's "hip hop ambassador."

THE CANADIAN PRESS

Quoted

"Hopefully, it'll help keep the legacy here, and have the stars blossom in Canada first before they go elsewhere."
Kardinal Offishall

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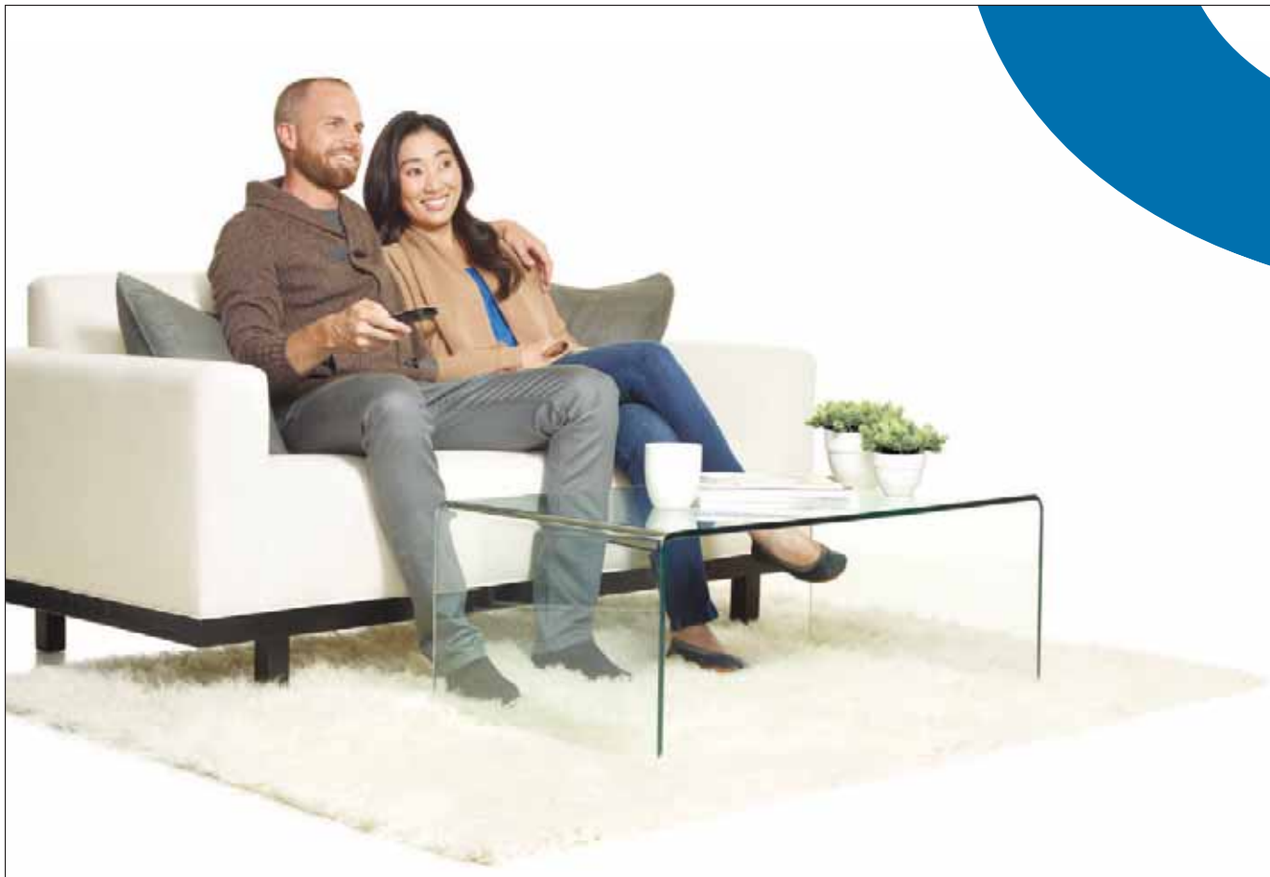

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American drone strike kills suspected al-Shabab militants

Somalia. Move comes ahead of hearings in Washington on controversial program

In this 2011 file photo, al-Shabab fighters march with their weapons during military exercises on the outskirts of Mogadishu, Somalia. On Monday, a U.S. drone strike killed two suspected al-Shabab militants while they were driving from a town south of the Somali capital, security sources say. THE ASSOCIATED PRESS FILE

A U.S. drone strike in southern Somalia killed two suspected al-Shabab militants, security sources told Torstar News Service, confirming reports from witnesses in the area.

The men targeted were in a car driving from the coastal town of Barawe to Jilib, an area south of the Somali capital of Mogadishu that is largely controlled by al-Shabab, Al Qaeda's East African group.

It was the first strike in Somalia in 18 months and it came a day before Tuesday's congressional hearing in Washington concerning the Obama administration's controversial drone program.

Aerial strikes are used far less frequently in Somalia than in Yemen or Pakistan, where many civilians have been killed, prompting widespread protest. The son and grandchildren of a 68-year-old Pakistani woman killed last year in a strike are among those testifying in Washington Tuesday.

The identities of those killed Monday in Somalia remains uncertain, although one of the security sources, who spoke on the condition of anonymity, said the raid targeted explosives expert Ibrahim Ali Abdi, a.k.a., "Anta." TORSTAR NEWS SERVICE

Tamil Tigers

Canadian sentenced to 2 years in U.S. for conspiring to aid terrorist group

A Canadian man who pleaded guilty in the United States to a terrorism offence in connection with the Tamil Tigers has been sentenced to two years.

Suresh Sriskandarajah, who pleaded guilty in July to conspiring to provide material support to the Tamil Tigers, has already been in custody for about 10 months. While in Canada, Sriskandarajah helped research and acquire aviation equipment, submarine and warship design software, night vision equipment and communications technology for the Tamil Tigers.

The Tamil Tigers, notorious for suicide bombings and political assassinations in their fight for an independent homeland in Sri Lanka, were declared a terrorist organization by the U.S. in 1997 and by Canada in 2006. THE CANADIAN PRESS

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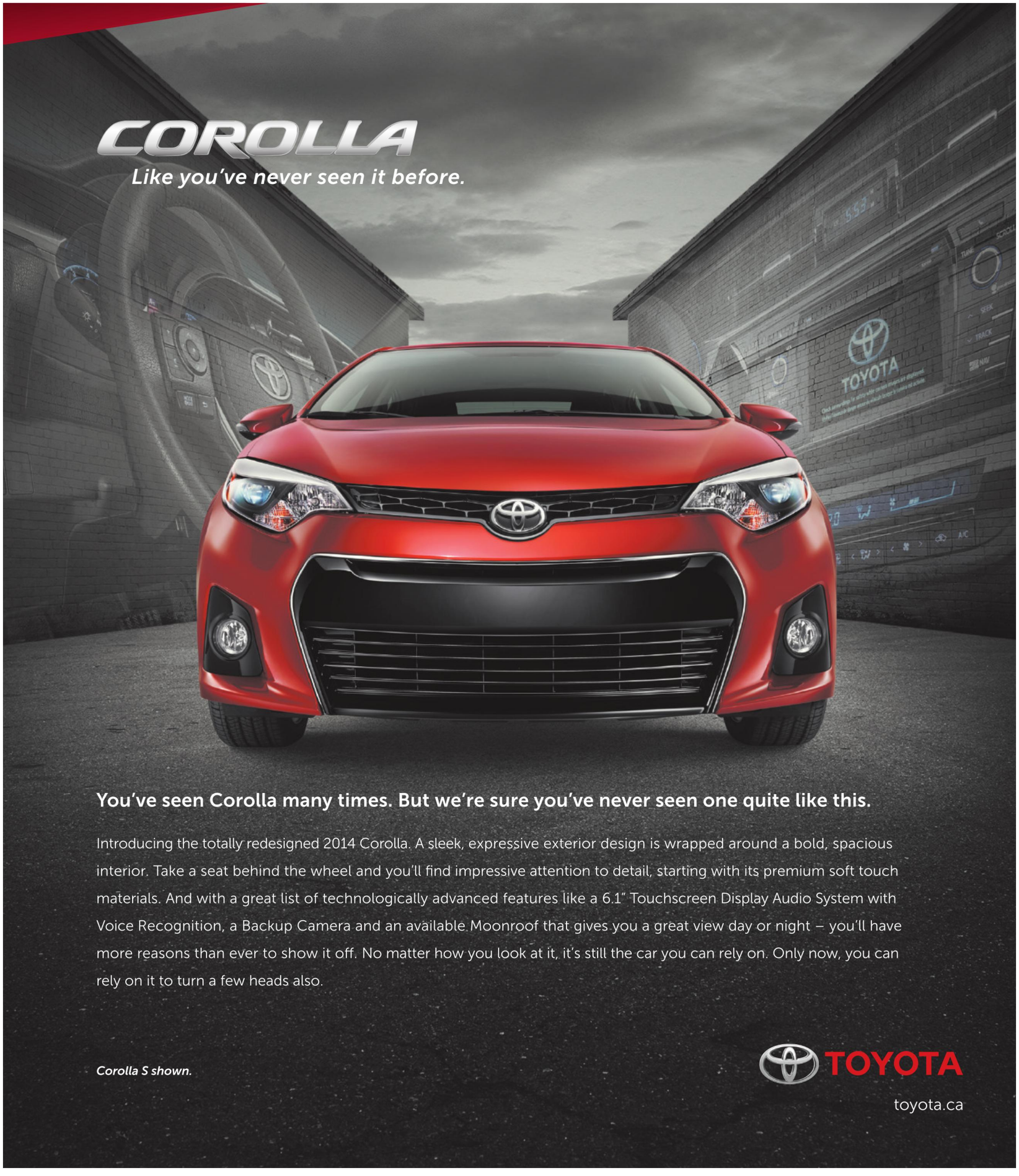

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Britain, Europe battle worst storm region has seen in years

Savage weather. At least 13 people have been reported killed in squall that has ravaged several countries

Police and emergency-service workers cordon off the area near scaffolding on the famous pedestrian street, Stroeget, in central Copenhagen Monday. A major storm swept Denmark, western Europe and Britain with winds peaking at up to 200 km/h. JOACHIM ADRIAN/THE ASSOCIATED PRESS/POLFOTO

A major storm with hurricane-force gusts is lashing southern Britain, parts of France and Netherlands, causing flooding and travel delays, including the cancellation of roughly 130 flights at London's Heathrow Airport.

Express train services between central London and Gatwick and Stansted airports were suspended because of the storm, and the major English port of Dover was closed, leading to a cutoff in ferry service to France.

Thousands of homes in northwestern France lost electricity, while in the Netherlands several rail lines were closed, airport delays were reported and citizens were warned against riding their bicycles — a favoured form of transport — because of high winds. Amsterdam's Central railway station was shut by storm damage. Sweden's Meteorological Institute upgraded its advisory Monday, warning that a "Class 3" storm that could pose "great danger to the public" was expected to hit western and southern Sweden on Monday evening.

Some English rail lines shut down Monday morning and some roads were closed due to fallen trees and power lines. There were delays on many parts of the London Underground network and the opening of the Overground network was delayed several hours.

Air travellers and commuters were advised to check conditions before starting any journeys. Widespread delays were expected as major London train lines delayed their opening because of the winds and tree hazards.

THE ASSOCIATED PRESS

Blackout

220,000

Number of homes in Britain reported without power by UK Power Networks officials.

Texas

Abortion-restricting measures vetoed

New abortion restrictions passed by the Texas Legislature are unconstitutional and will not take effect as scheduled on Tuesday, a federal judge has ruled. He wrote Monday that the regulations violated the rights of abortion doctors to do what they think is best for their patients and would unreasonably restrict a woman's access to abortion clinics.

THE ASSOCIATED PRESS

Rape charges

Kenyan 'miracle' preacher in custody

A self-styled Kenyan preacher who claimed to help couples conceive "miracle babies" through prayer has been charged with three counts of rape in Britain. Police said Monday that Gilbert Deya, 61, was charged last week with rape, one count of attempted rape on an adult and one count of sexual assault on a 14-year-old girl.

THE ASSOCIATED PRESS

In this Oct. 21, 2011, file photo, Michael Jackson's former doctor Conrad Murray sits in a courtroom during his involuntary-manslaughter trial in Los Angeles. REED SAXON/THE ASSOCIATED PRESS

Michael Jackson trial.
Doctor found guilty of killing pop star set free

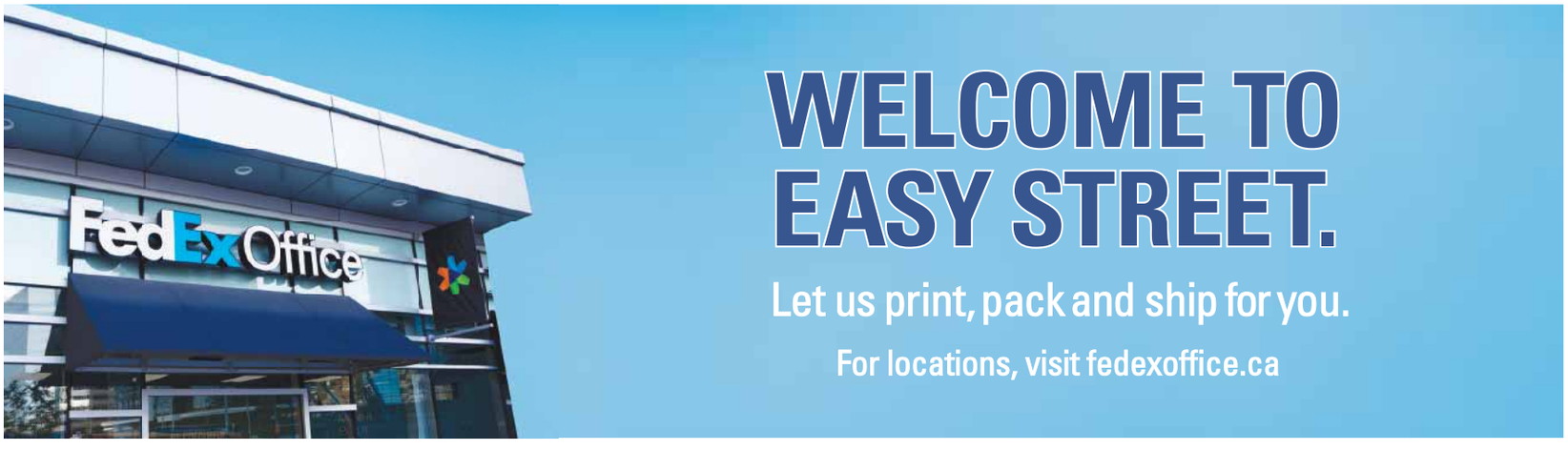
The doctor convicted of killing Michael Jackson was released from jail Monday after serving nearly two years of a four-year sentence.

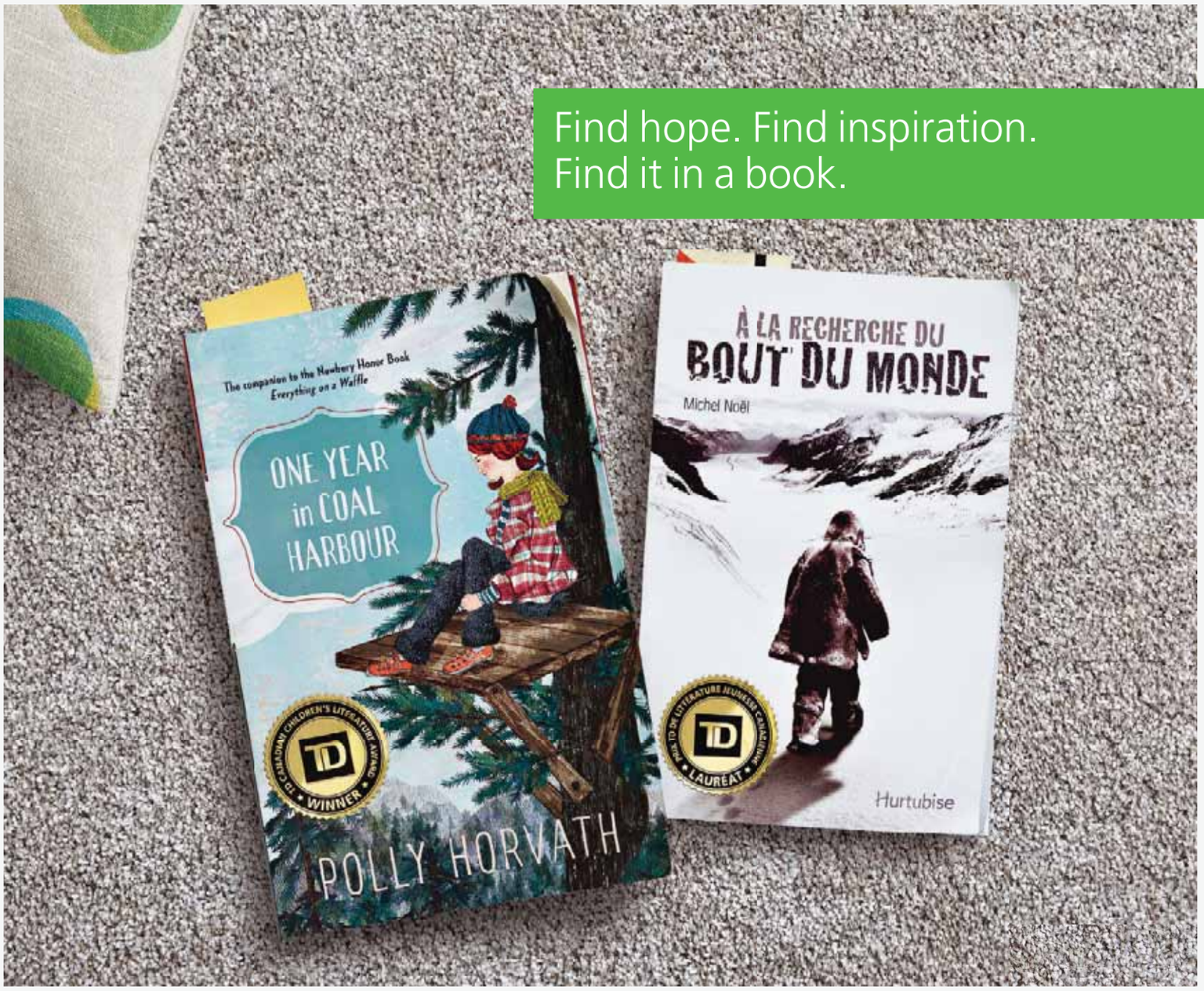
Conrad Murray was released from a downtown Los Angeles jail at 12:01 a.m., according to the sheriff's office.

The former cardiologist was convicted in 2011 of causing Jackson's death in June 2009 by providing the superstar with an overdose of the powerful anesthetic propofol as a sleep aid.

Murray's prospects are uncertain: At age 60 his license to practise medicine has been suspended or revoked in three states and his face and name are well known due to his association with Jackson and his highly publicized involuntary manslaughter trial. He is appealing his conviction.

THE ASSOCIATED PRESS





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Digital art. Hockney's iPad art draws gasps

Happily hunched over his iPad, Britain's most celebrated living artist David Hockney is pioneering in the art world again, turning his index finger into a paintbrush that he uses to swipe across a touch screen to create vibrant landscapes, colourful forests and richly layered scenes.

"It's a very new medium," said Hockney. So new, in fact, he wasn't sure what he was creating until he began printing his digital images a few years ago. "I was pretty amazed by them, actually,"he said, laughing. "I'm still amazed."

A new exhibit of Hockney's work, including about 150 iPad images, opened Saturday in the de Young Museum in San Francisco's Golden Gate Park.

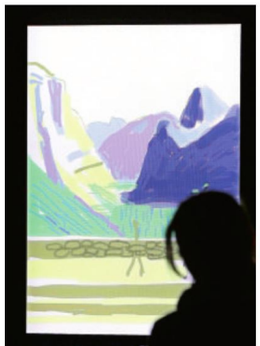
The show is billed as the museum's largest ever, filling two floors with a survey of works from 1999 to present, but on a recent preview day, it was the iPad pieces, especially the 12-foot high views of Yosemite National Park that drew gasps.

"He has such command of space, atmosphere and light," said Fine Arts Museums director Colin Bailey.

Other iPad images are overlaid, so viewers can see them as they were drawn, an animated beginning-to-end chronological loop.

Hockney, 76, started drawing on his iPhone with his thumb about five years ago, shooting his works via email to dozens of friends at a time.

THE ASSOCIATED PRESS



A painting Hockney made on his iPad takes shape at an exhibit in San Francisco. ERIC RISBERG/ THE ASSOCIATED PRESS

Invasive species. Asian carp reproducing in Great Lakes watershed

Scientists said Monday they have for the first time documented that an Asian carp species has successfully reproduced within the Great Lakes watershed, an ominous development in the struggle to slam the door on the hungry invaders that could threaten native fish.

An analysis of four grass carp captured last year in Ohio's Sandusky River, a tributary of Lake Erie, found they had spent their entire lives there, according to researchers with the U.S. Geological Survey and Bowling Green State University.

Grass carp are among four species imported from Asia decades ago to control algae and unwanted plants in controlled settings such as sewage treatment lagoons.

Scientists say if they gain a foothold in the lakes they could destabilize the $7 billion fishing industry. THE ASSOCIATED PRESS

Scientists say that an invasive Asian carp species has successfully reproduced within the Great Lakes watershed. JOHN FLESHER/THE ASSOCIATED PRESS

British Columbia

Woman escapes wolf attack

British Columbia's forest-safety council has issued a safety alert after a forestry worker narrowly escaped a pack of wolves while working in the province's southern Interior.

The woman was approached by at least five aggressive wolves, which came within three metres of her.

She managed to make it back to her truck uninjured to call for help, but one of her dogs, which tried to fend off the wolves, was badly injured and had to be put down.

THE CANADIAN PRESS

China

Keys for peace

China's superstar pianist Lang Lang became a United Nations Messenger of Peace on Monday.

Being a Messenger of Peace is the highest honour bestowed by a U.N. chief. THE ASSOCIATED PRESS

New Jersey

UK hacker charged stateside

A British man has been arrested and charged with hacking into computer systems of the U.S. Army, NASA, the Environmental Protection Agency and other agencies.

Lauri Love, 28, of Stradishall, England, and his partners allegedly stole information about government employees, including military service members, since at least October 2012 by hacking into government networks, a grand jury in Newark said in an indictment.

British authorities said Monday that Love was also charged under a U.K. law that allows people to be arrested for starting attacks from the U.K. on computers anywhere in the world. He has been released on bail until February.

He's accused of working with two co-conspirators in Australia and one in Sweden, none of whom have been charged.

THE ASSOCIATED PRESS

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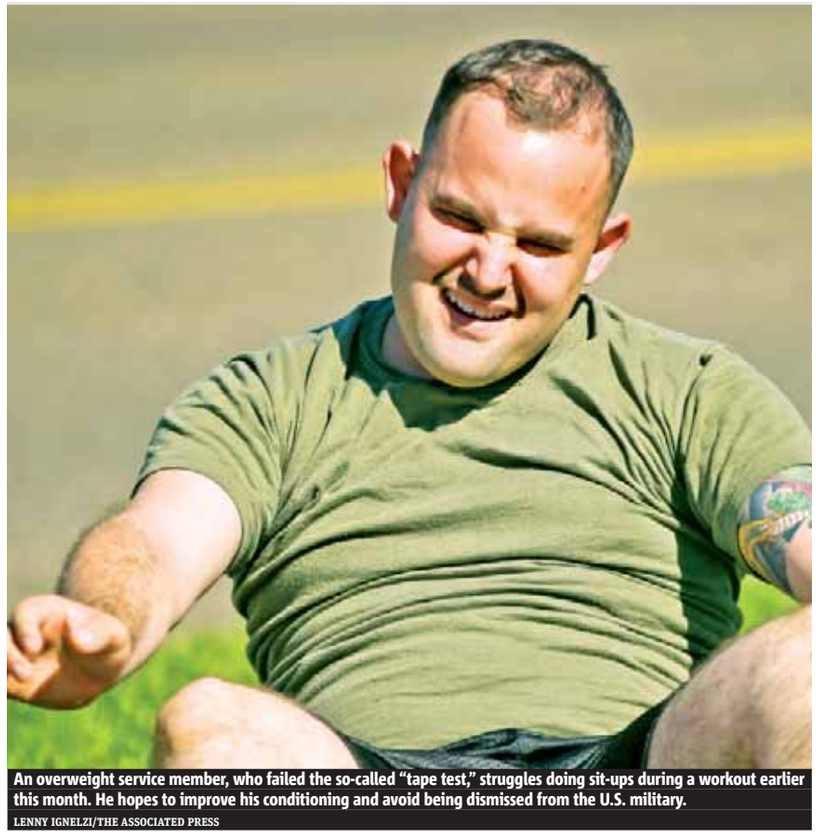
G.I. Joe bodies: Lipo for soldiers

Extra pressure. Service members say they are under scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war



An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.
LENNY IGNELZI/THE ASSOCIATED PRESS

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped. They say the Pentagon's weight tables are outdated and do not reflect that Americans are now bigger, though not necessarily less healthy.

Defence officials say the test ensures troops are ready for the rigours of combat. The military does not condone surgically altering one's body to pass the test, but liposuction is not banned.

The Pentagon insists that only a small fraction of service members who exceed body fat limits perform well on fitness tests.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Newspaper

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

Last week the French paper Le Monde reported similar allegations of U.S. spying in France and German magazine Der Spiegel said Washington had tapped Chancellor Angela Merkel's mobile phone. A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to Washington to demand answers. THE ASSOCIATED PRESS

Wedding crasher

Man steals newlyweds' gifts at reception

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests— made off with a bag filled with cash and cheques from well-wishers.

Countless Cypriot brides and grooms rely on such traditional bags of money to help build their nest egg, and thieves rarely target them.

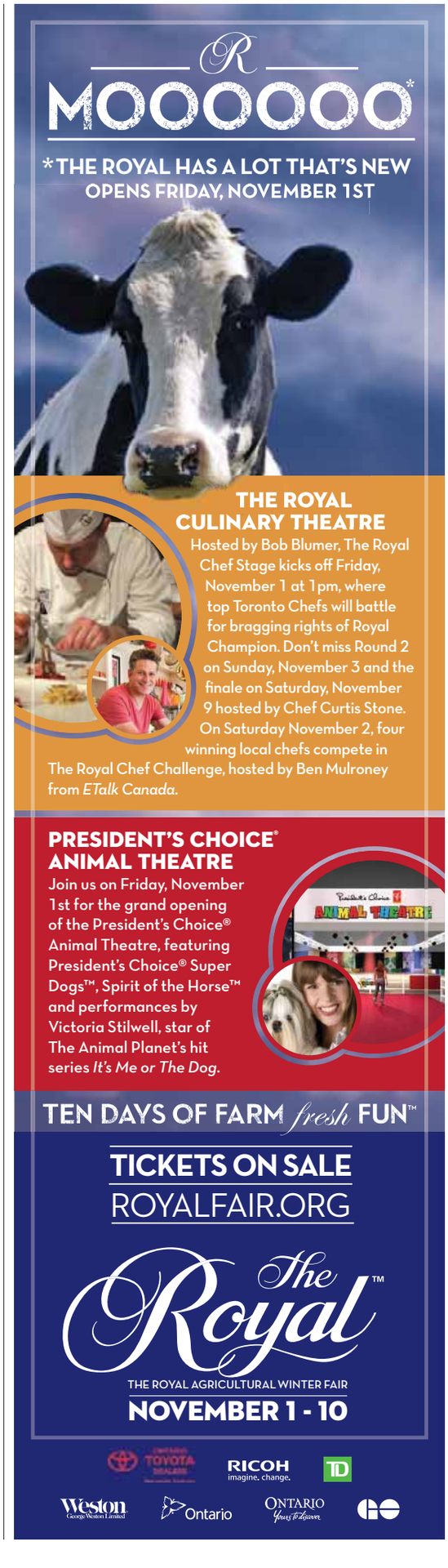
The bags often contain thousands of euros. They are all the more important in Cyprus these days because of the island's economic crisis.

The weekend robbery occurred in the town of Limassol.

Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build and other general description and are still investigating.

But they haven't found the bag or the money.

THE ASSOCIATED PRESS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A hospital staffer's sign: "Guarantee medical workers safety" during a protest in Wenling Monday. THE ASSOCIATED PRESS

Hospital medics in China angry

Wenling. Patient stabbed three doctors, killing one; such attacks are on the rise; hospital workers want safety guarantees

Several hundred hospital workers in white coats and surgical masks staged a rare protest in eastern China against attacks on medical workers after a patient stabbed three doctors at a hospital, killing one.

Quote

"Once the medical system decides that its aim is to make money, patients will not trust doctors anymore."

Said Liu Jitong, a public health expert at Peking University. Some some experts blame an increase in attacks on the commercialization of health services.

The staffers assembled Monday outside the Wenling City No. 1 People's Hospital hoisting signs that said "uphold justice" and "guarantee medical staffers' safety."

"We are still protesting and demanding that the government and the hospital management ensure the safety of the doctors," said a woman who refused to give her name when reached at the emergency department.

The protest came after a knife-wielding patient, being treated in emergency, stabbed the three doctors on Friday. Dr. Wang Yunjie died while the other two were wounded, police said. Attacks on hospital staff by patients are increasingly common in China. THE ASSOCIATED PRESS

Kuwait

Gulf nations crack down on online dissent

A rights activist in Kuwait says an appeals court has upheld a 10-year prison sentence against a social media commentator for posts considered offensive to Islam and the rulers of Bahrain and Saudi Arabia.

Monday's ruling highlights crackdowns in the Gulf on online dissent and the co-operation among Gulf nations, fearing political challenges. Prosecutors claim Hamad al-Naqi insulted Muhammad and leaders of the two states. THE ASSOCIATED PRESS

Security concerns. Chemical weapons inspectors in Syria miss one of first deadlines

Inspectors overseeing the destruction of Syria's chemical weapons stockpile have missed an early deadline in a brutally tight schedule after security concerns prevented them from visiting two sites linked to Damascus' chemical program.

Experts from the Organization for the Prohibition of Chemical Weapons were to have checked all 23 of Syria's declared sites by Sunday, but on Monday they said inspectors have visited only 21.

However, there are no consequences for missing the deadline.

The group's failure to meet the deadline, however, underscores the ambitious timeline as well as the risks its inspectors face in carrying out their mission in the middle of Syria's civil war.

The OPCW did not say who was responsible for the security problems, but the organizations' director-general has said in the past that temporary ceasefires may have to be negotiated between rebels and forces loyal to President Assad to reach some sites. THE ASSOCIATED PRESS

Sandusky abuse to cost Penn State over $110M

Price of abuse. The university has set up a fund to settle with 26 young men; they've also spent more than $50M on related costs

Penn State said Monday it is paying $59.7 million to 26 young men over claims of child sexual abuse at the hands of former assistant football coach Jerry Sandusky. The school said 23 deals are fully signed and three are agreements in principle, but it did not disclose the names of the recipients. The school faces six other claims, and the university says it believes some of those do not have merit while others may produce settlements.

University president Rodney Erickson issued a statement calling the announcement a step forward for victims and the school.

"We cannot undo what has been done, but we can and must do everything possible to learn from this and ensure it never happens again at Penn State," said Erickson, who announced the day Sandusky was convicted in June 2012 that Penn State was determined to compensate his victims.

The settlements have been unfolding since mid-August, when lawyers for the accusers began to disclose them. Penn State has not been confirming them, waiting instead to announce deals at once.

Harrisburg lawyer Ben Andreozzi, who helped negotiate several of the settlements, said his clients were satisfied.

"They felt that the university treated them fairly with the economic and non-economic terms of the settlement," said Andreozzi.

Penn State has spent more than $50 million on other costs related to the Sandusky scandal, including lawyers' fees, public relations expenses, and adoption of new policies. THE ASSOCIATED PRESS

Jerry Sandusky is escorted away after sentencing last year. THE ASSOCIATED PRESS

No charges in Ohio U. sex case

A United States grand jury decided not to charge anyone in an alleged sexual assault near Ohio University that was photographed and filmed by witnesses, a prosecutor said Monday.

Athens County Prosecutor Keller Blackburn said the grand jury determined there wasn't probable cause to file charges after a man and woman were photographed in a sex act against the front window of a bank near the Ohio campus in the wee hours of October 12.

Explicit photos of them were circulated via social media, and the woman later told police she was a victim of a sexual assault.

Investigators determined the couple, both 20-year-old students, had alcohol from a bar before the sex, Blackburn said in a statement Monday.

Blackburn said the man asked the woman whether to stop when a crowd formed, and she said no.

The man has co-operated with police. The woman didn't remember what happened, and testing showed no sign of any date rape drug, the prosecutor said. The couple wasn't aware that their sex was being filmed.

University President Roderick McDavis had said the school would conduct its own investigation.

THE ASSOCIATED PRESS

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Wine consumption stomped out in Italy

Vintners hurting. In the '70s Italians were downing 110 litres each per year, compared to a mere 40 litres in 2013

It's harvest season at the family-run vintner Emidio Pepe in central Italy and workers are wading into the vineyards, hand-picking grapes and pressing them under their boots in giant wooden vats.

The seasonal ritual has brought together generations of rural communities. But the final product, the highly rated Pecorino white, is now more likely to be enjoyed in New York or Beijing than in the local village of Torano Nuovo, in the Abruzzo region. That's because wine-drinking in Italy, one of the world's biggest producers, is hitting record lows, forcing many vintners to seek buyers abroad.

Ch-Ch-Ch-Changes

Over the past 25 years wine "has become a hedonistic product, which is not part of Italians' basic diet anymore."

Michele Fino, a wine expert from the University of Gastronomic Studies in Pollenzo, Italy

Consumption is at its weakest since Italy was unified as a country in 1861, according to Coldiretti, the main farmers' association.

The most immediate cause has been the economic downturn. But that has just accelerated a decades-long slide in consumption. THE ASSOCIATED PRESS

The final product of this Italian vineyard is now more likely to be enjoyed in New York or Beijing than in a local village. THE ASSOCIATED PRESS FILE

Market Minute

DOLLAR 95.74¢ (+0.09¢)

TSX 13,371.84 (-27.58)

OIL $98.68 US (+83¢)

GOLD $1,352.20 US (-30¢)

Natural gas: $3.57 US (-11¢)
Dow Jones: 15,568.93 (-1.35)

Ikea workers on strike

Japadog shutters location after online outcry

Vancouver's iconic Japanese hot dog-stand chain folded up shop after just one day this weekend at the Ikea store in Richmond, B.C., where more than 350 workers have been on strike for more than five months.

Following an uproar on Facebook, Japadog closed the location and apologized to Ikea staff. METRO

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Phone-hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Tim Hortons to test out first new brew since 1964

Change percolating.
Iconic coffee-shop chain wants to appeal to today's consumers, who are 'more educated' about their morning cup

Amid stiff competition Timmies is testing a dark-roast blend. CNW GROUP/TIM HORTONS

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president of beverages at Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated. They understand a quality cup of coffee," said McKay.

TORSTAR NEWS SERVICE

Concerns over cellphones

A safety advocacy group says Health Canada is ignoring science that shows some Canadians are getting sick from using cellphones and other wireless technology.

Canadians for Safe Technology says they've obtained documents showing the government is controlling a so-called independent review of radiation from cellphones, cell towers and Wi-Fi.

The Royal Society of Canada is holding public meetings in Ottawa to hear from people who say they suffer negative health effects from using wireless devices.

Some of the symptoms reported include insomnia, heart palpitations and headaches.

Frank Clegg, the CEO of Canadians for Safe Technology, says the Royal Society's review panel has too many members who are beholden to the wireless industry.

In July, panel chairman Daniel Krewski resigned over a conflict.

Two other panel members were replaced last month when a new chair was named.

In its most recent posting online, Health Canada says a consensus among scientists indicates that radiation from cellphone towers is too low to cause adverse health effects in humans.

THE CANADIAN PRESS

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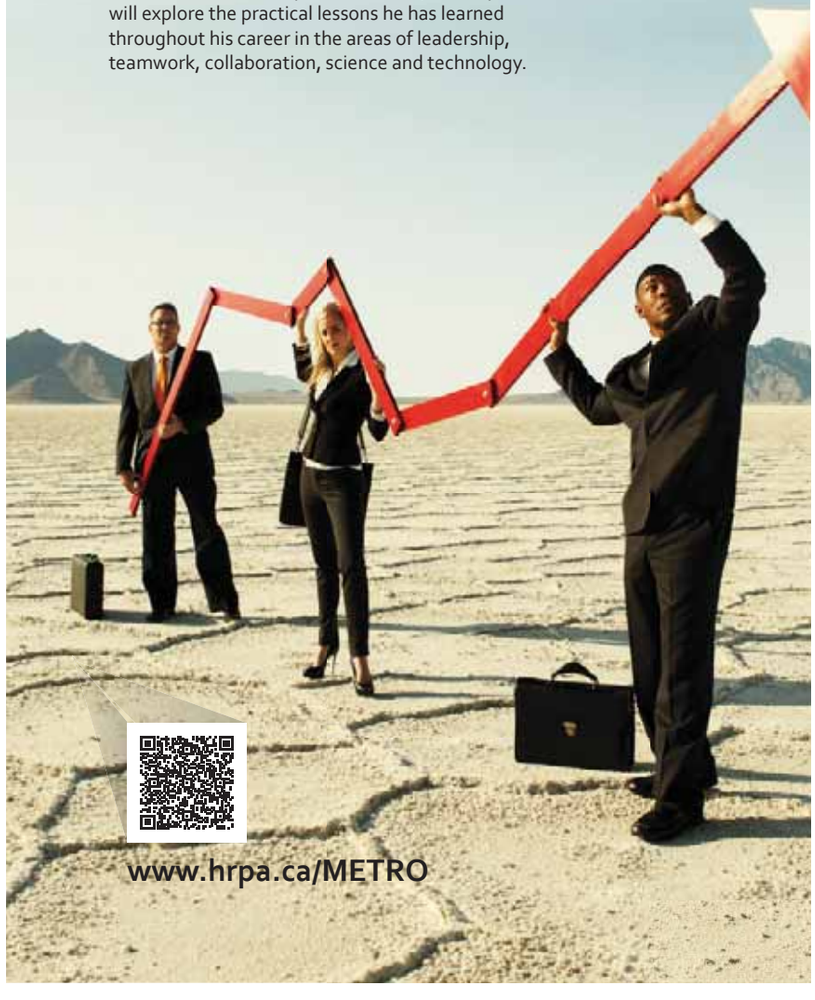
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GENERATION INSTAGRAM POPS THE Q

SHE SAYS

Jessica Napier
metronews.ca

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the whole moment.

Asking someone to marry you is nerve-racking enough without thinking about all of the logistics involved with co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors to create a wonderful, personalized proposal, hassle free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to re-tell to all of your friends and family until the day you're married so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will give you spinal slithers

ULET IFANSASTI /GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. METRO

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. METRO

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (–110 C) — but don't get too chilled as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venusgarden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK IMAGES

Douglas Coupland is not only a bestselling novelist, but also a visual artist and author of TEMP, an exclusive, 20-day fictional story running in Metro this November. Known for his musings on art, culture and technology, he's been quoted saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.

Remembering facts:
Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:
There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:
"I write fiction for a living," says Coupland. "Everything can be fact checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:
While libraries certainly do still exist, Coupland says he takes a walk among the stacks one in a hundred times as often as he used to.

Twitter

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a little diced tomato and lots sriracha.

@Gary_Zinck: Have to have my KD wih chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE

5 Freaky flicks from Canada

The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."

Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."

Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.

Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

Norman Reedus stars in The Walking Dead. CONTRIBUTED

When killing zombies brings you closer to self-actualization

Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's The Walking Dead — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewership ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?
The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?
He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Were you surprised that the show has become such a monster hit?
I knew I had something good with getting on The Walking Dead. It's one of those rare cases where everything fits together perfectly. There isn't a weak link in our chain right now and I think we continue to get better and better.

What attracted you to the character as an actor?
Daryl's storyline is different from everyone else. He's blossoming in this world. He can take care of himself. He can hunt and track his own food. He can protect himself but he doesn't have social skills. I think to watch this man become the guy that he is meant to be is pretty interesting.

Your character is also the most popular with female fans of the show. What do you think the appeal is?
Daryl wears his heart on his sleeve and means what he says. I started to play him at the beginning of the show as ashamed of what he was. He wouldn't look the other characters in the eyes; he would stare down at the ground. But now he's becoming this man that he can be proud of. I think that's why he's gotten the response that he has.

There's a lot of blood on the show. Are you squeamish about blood personally? Has this changed that?
I've been in 40-something films and I think I've killed someone or gotten killed in all of them. No, usually when we are filming, I'm the most soaked person on the set.

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The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON
Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

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Half off

Half Off: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN BUUREN/ FOR METRO

Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA CLARKE
Metro World News

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

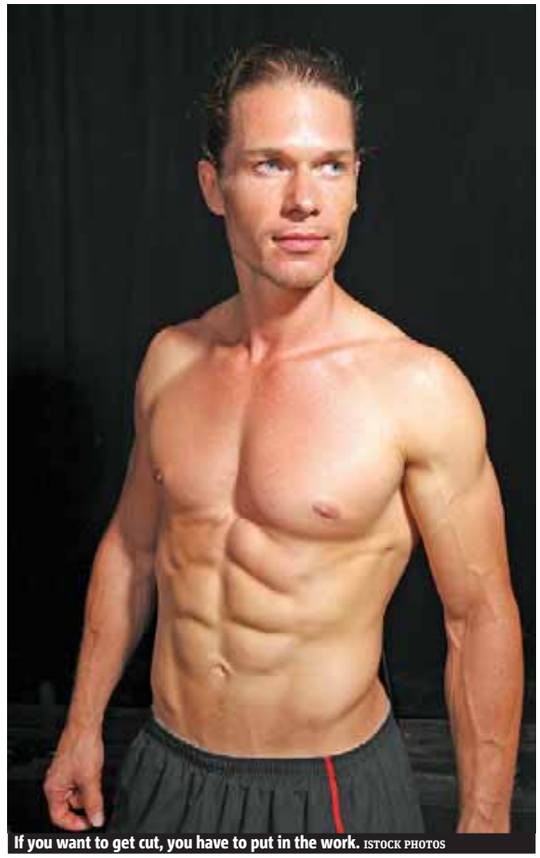
"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.



If you want to get cut, you have to put in the work. ISTOCK PHOTOS

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."

Online assistance

Runtastic six pack

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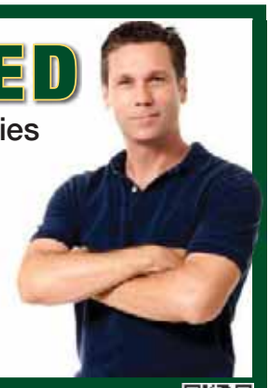

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Carve a six-pack, get killer pecs and pump those biceps. Here are the moves to get you in God-like shape. For exercises using weights, perform three to four sets of 12 to 15 repetitions. For those using just body weight, perform five sets of 20 to 30 repetitions.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.

Turkish get up

Begin by lying on your back with a dumbbell in hand. Bend your right leg and put it closer to your torso. Keep the left leg straight. Raise the dumbbell over your stomach and punch the dumbbell toward the ceiling. In a full get up you stand all the way up and return to the starting position.

Battle rope hip toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.

Kettlebell twist

Sit down with your legs bent and your feet flat on the floor, about hip-distance apart. Hold the kettlebell with both hands at the chest, and then lean back to a 45 degree angle. Rotate your torso from left to right, twisting at the waist and swinging the kettlebell across your body. Form is very important.

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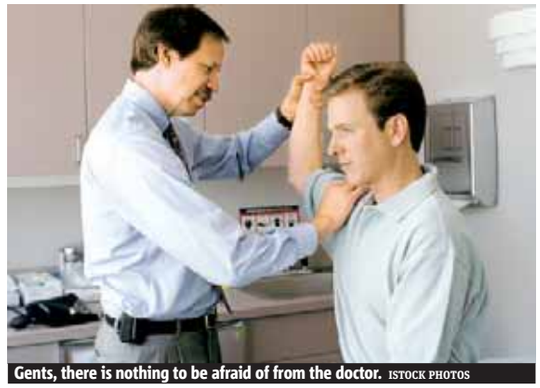
Why won't the man in your life go to the doctor?

Men's health. Study finds that more than half of premature deaths among men are preventable if they are detected early enough

MAJA LUNDAGER PEDERSEN
Metro World News


Gents, there is nothing to be afraid of from the doctor. ISTOCK PHOTOS

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12 months. Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour.

"What I experience much more with men (than women) is that they tend to deny and minimize symptoms and problems that they are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' (The man says) no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick (before) coming to the doctor, it's too late," Swartz says.

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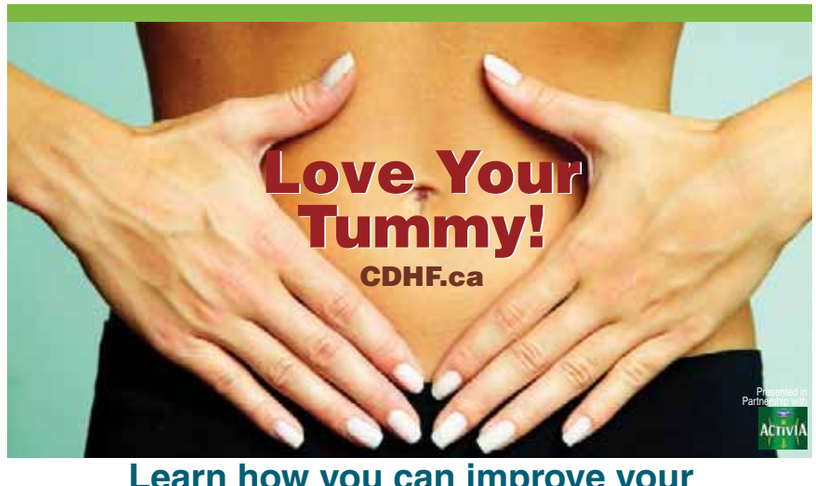

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In every issue of Best Health, we have an article called Best Health For Pets and in the October issue, on newsstands now, we rounded up some of the new ways you can keep your furry companion happy and healthy. Smartphone apps are making it easy to have key info at your fingertips. Here are just a few, plus one for fun.

PupTox (Android, iPhone; $0.99).
PupTox lists more than 250 items that can harm or kill your pet if ingested, including food, plants, chemicals and common hazards such as coins, batteries and bones. The chocolate toxicity calculator uses your pet's weight, type of chocolate and amount consumed to determine the level of toxicity. It also provides one-click phone access to poison hotlines (for a fee).

Pet Care Services (iPhone, free).
This is a must-have if you travel with your pet. Using GPS, it'll locate the nearest vet clinics, pet-friendly hotels, groomers and pet stores across Canada and the U.S.

Pet Names (Android, iPhone; free).
The iPhone and Android pet-naming apps are created by different companies but both will help you find the ideal name for cats, dogs, birds, gerbils and even turtles. Pet Names for iPhone allows you to browse by alphabetical listing, pet type or popularity; with Pet Names for Android, browse by list or at random.

Pet First Aid (Android, $2.97).
This one is for your dog, cat, puppy or kitten. Emergency situations such as choking, lacerations and burns can strike your pet anywhere, anytime. The Pet First Aid app will unleash a database of health information right on your smartphone.

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Smartphone apps now make it easy to check information about your pup's health. ISTOCK PHOTOS

Parenting. Pediatricians want bedroom ban on smartphones for kids

Doctors to parents: Limit kids' tweeting and texting and keep smartphones and laptops out of bedrooms.

The recommendations are bound to prompt eye-rolling and LOLs from many teens but an influential pediatricians group says parents need to know that unrestricted media use can have serious consequences.

It's been linked with violence, cyber-bullying, school woes, obesity, lack of sleep and a host of other problems. It's not a major cause of these troubles, but "many parents are clueless" about the profound impact media exposure can have on their children, said Dr. Victor Strasburger, lead author of the new American Academy of Pediatrics policy

"This is the 21st century and they need to get with it," said Strasburger, a University of New Mexico adolescent medicine specialist.

The policy is aimed at all kids, including those who use smartphones, computers and other Internet-connected devices. It expands the academy's long-standing recommendations on banning televisions from children's and teens' bedrooms and limiting entertainment screen time to no more than two hours daily.

THE ASSOCIATED PRESS

If it's time for bed, it's time to turn off the phone. ISTOCK PHOTOS

The guidelines

What are they suggesting?

- **How much?** Under the new policy, those two hours include using the Internet for entertainment, including Facebook, Twitter, TV and movies; online homework is an exception.

Future health

The instructors aren't real but the fitness sure is

A holographic Tupac Shakur that raps his hits? That's so 2012. The next wave in hologram technology will have group fitness classes with holographic instructors — if HolograFit has anything to do with it, that is. Earlier this month, the company announced that it's unveiling the world's first group fitness program with life-sized holograms for instructors. The system isn't for individual use but rather entrepreneurs — think gym owners. Gym owners, if you're interested, start saving now: The new program costs $79,900 US.

METRO

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Jeepers, creepers where'd you get those meatball peepers?

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

This recipe makes about 30 meatballs. THE CANADIAN PRESS

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

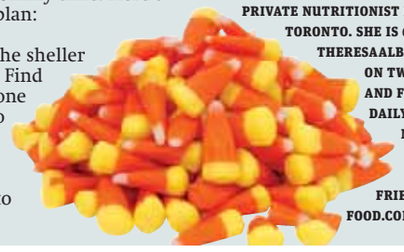
Surviving Halloween

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms. You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest. This year is going to be different. It's mommy time. Here's your plan:

- Be the sheller outer. Find someone else to take kiddies door to door.
- Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.
- Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.
- Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Me want brains! Satisfy your zombies with Brain Pudding

This recipe makes about five cups. THE CANADIAN PRESS

Ingredients

- 500 ml (2 cups) water
- 2 sticks cinnamon
- 250 ml (1 cup) quinoa
- 15 ml (1 tbsp) cornstarch
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) ground cinnamon
- 375 ml (1 1/2 cups) 2% milk
- 50 ml (1/4 cup) maple syrup
- 175 ml (3/4 cup) raisins
- 250 ml (1 cup) 1% vanilla yogurt
- Toppings: Cinnamon sugar, chopped walnuts, dried cranberries, berries and/or diced apples, granola

This twist on rice pudding can be served as a nutritious breakfast on Halloween day.

1. In saucepan, bring water and cinnamon sticks to boil over high heat; stir in rinsed quinoa. Reduce heat to low; cover and simmer 12 minutes or until quinoa is tender. Drain excess liquid and remove cinnamon sticks; set aside.

2. In bowl, combine cornstarch, sugar and cinnamon. In same saucepan, whisk milk, maple syrup and raisins; bring to boil over medium-high heat. Reduce heat to low; whisk in cornstarch mix and cook, stirring, for about 1 minute or until slightly thickened.

3. Stir in quinoa and cook, stirring occasionally, for 5 minutes or until the mixture has slightly thickened. Refrigerate for 1 hour or until it is cool.

4. Stir in yogurt. (The pudding will thicken considerably as it cools; add yogurt to desired consistency.) Serve with suggested toppings. **THE CANADIAN PRESS/DAIRY FARMERS OF CANADA**

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The boy who cried bully — at school and at work

Term overuse.
Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common. THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Malcolm Smith, a professor in the University of New Hampshire's education department.

Learning how to lose in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas.

Bullies in politics?

In May, U.S. Sen. Harry Reid, D-Nev., called Sen. Ted Cruz, R-Texas, a "schoolyard bully. He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, spokesman for Heritage Action, sister organization to the Heritage Foundation, a conservative think-tank. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior.

"Bullying means intentionality," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it.

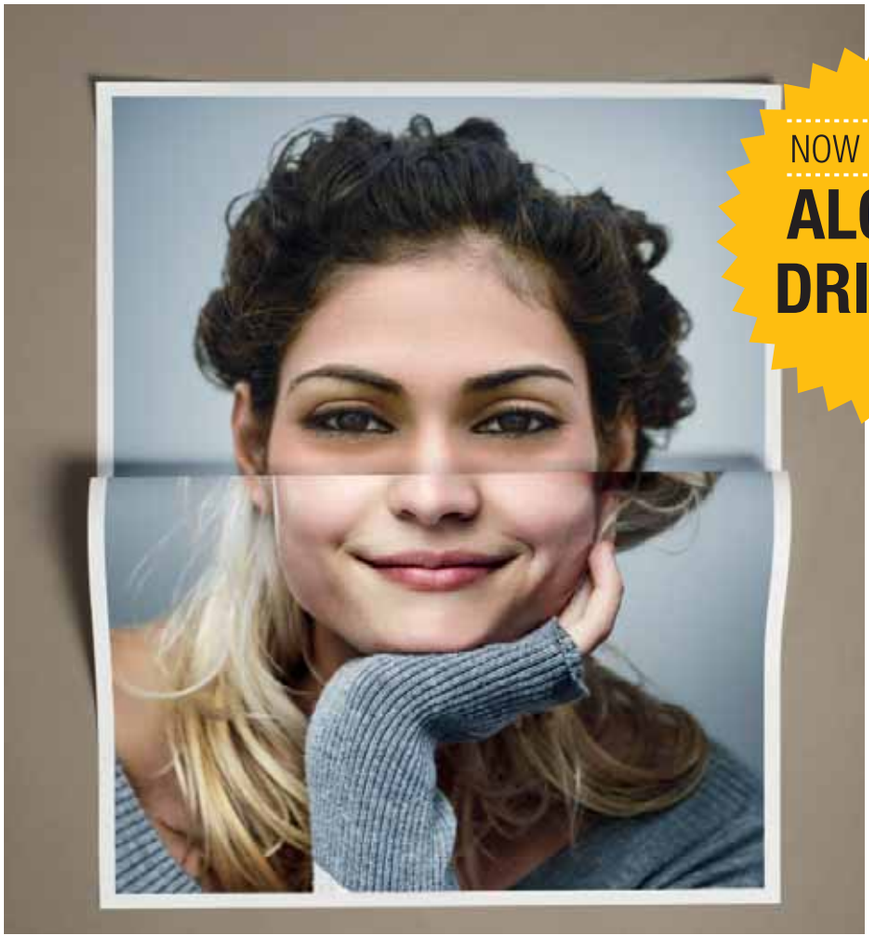
"They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said.

When the school took steps to expel the boys, their families hired attorneys. Eventually the school backed down.

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."



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To figure out what you spend on health care annually, start by checking your past few tax returns. ISTOCK

How much does health care cost you? Try 1,400 big ones

Unplanned outlays. Data shows health care is a significant expense and a major factor in increasing stress levels

YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly $1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over $1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top $5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

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Buying behaviour

Canadians spent almost $19B on online purchases last year: StatsCan

Statistics Canada says the value of online orders placed by Canadians hit $18.9 billion in 2012, up 24 per cent from 2010 when the survey was last conducted.

It says 56 per cent of Internet users ordered goods or services online in 2012, up from 51 per cent in 2010.

In 2012, 77 per cent of Internet users researched goods or services or window shopped.

Internet users aged 25 to 34 were most likely to make a purchase online.

The average Canadian online shopper made about 13 separate orders and spent approximately $1,450 in 2012.

Among online shoppers, 58 per cent bought travel arrangements such as airline tickets or hotel reservations and 52 per cent purchased event tickets. THE CANADIAN PRESS

Parents are more likely to pony up for tech toys, survey finds

Digital households. Demo buys tablets, smartphones, gaming consoles and Netflix subscriptions more than average consumer

A new study confirms kids do have it good nowadays, at least when it comes to having access to tech toys.

Parents are more likely to purchase smartphones, tablets, video game consoles and subscribe to Netflix than the average consumer, suggests a report by the Media Technology Monitor.

Based on telephone surveys with more than 6,000 anglophone Canadians last fall and this spring, the report found households with children under 18 were more likely to be teeming with digital devices.

About 41 per cent of the parents surveyed said they owned a tablet, versus the 30-per-cent response rate for everyone else. And three quarters of the parents polled had a smartphone, compared to just over half of the other respondents.

Families were also 70 per cent more likely to be part of the so-called "four screen" trend, with 17 per cent of parents saying they owned a smartphone, tablet, computer and TV that were all connected to the Internet.

Just over a third of the parents said they subscribed to Netflix, compared to about one in four of the consumers polled without kids in their home.

The survey results are considered accurate within 1.2 percentage points 19 times out of 20.

THE CANADIAN PRESS

Wired parents

- Three quarters of the parents surveyed said they use social networks — compared to 62 per cent for everyone else — and they were bigger users of Facebook, Twitter and LinkedIn.
- A similar number of parents said they multi-tasked with another Internet-connected device while watching TV, compared to almost two thirds of the others.
- Nearly nine in 10 parents said they watch online video, versus 73 per cent for non-parents.

About 41 per cent of parents surveyed said they owned a tablet, versus the 30-per-cent response rate for everybody else. ISTOCK

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How to grab a startup stash without spending a dime

Helping tomorrow's business heroes. Several Canadian not-for-profit organizations and investors are lending a hand to hopeful entrepreneurs

TAKARA SMALL
Metro News in Toronto
@takarasmall

Hey, I said hey, baby they've got your money don't you worry. ISTOCK

Who: Canadians helping entrepreneurs and startups succeed

What: Canadian grants, free programs and loans

Where: Across Canada

Advice: "I wanted to do something where I could give back and thought this was a way to give back. I know the difference it could make when you start a business." Pat McNamara, founder of Ignite Canada

The life of an entrepreneur is a balancing act full of tough choices. It can be hard to find support and necessary funds needed in the early days to get your business up and running. Thankfully in Canada there are several organizations available to assist small businesses and startups — for free — on their path to success.

One of those organizations hoping to help entrepreneurs succeed is Ignite Capital, a new non-profit initiative by Pat McNamara, the CEO of Apex Public Relations. The entrepreneur is spearheading a program where applicants can send a business plan and compete for $20,000 and $5,000 grant (that's right, no loans and outstanding fees to pay back) to grow their business.

"We decided we wanted to do a grant, that way they can take a break and not worry about paying back loans. We're not asking they have a perfect credit score," she says, adding that grants/loans that require credit ratings often exclude newcomers and young entrepreneurs.

McNamara isn't the only company looking to help the next generation of entrepreneurs. Intuit Canada wants to help Canadian millennials who have a passion for business but lack know-how about financial management by giving away their QuickBooks Online accounting software for free to Canadians to celebrate small business month.

"If you have a good understanding of business and financial (matters), you're more likely to succeed," says Rob King, the Mississauga-based company's small business lead. "We understand that mastering financial management earlier on will be real callout for success later on."

Even celebrities are on the lookout to fund the next entrepreneurial genius. Kevin O'Leary, financial guru and CBC Dragons' Den star's latest venture is a far cry from the villain-esque role he plays on TV — instead of shutting down entrepreneurs he will set about funding self-starting teenage entrepreneurs.

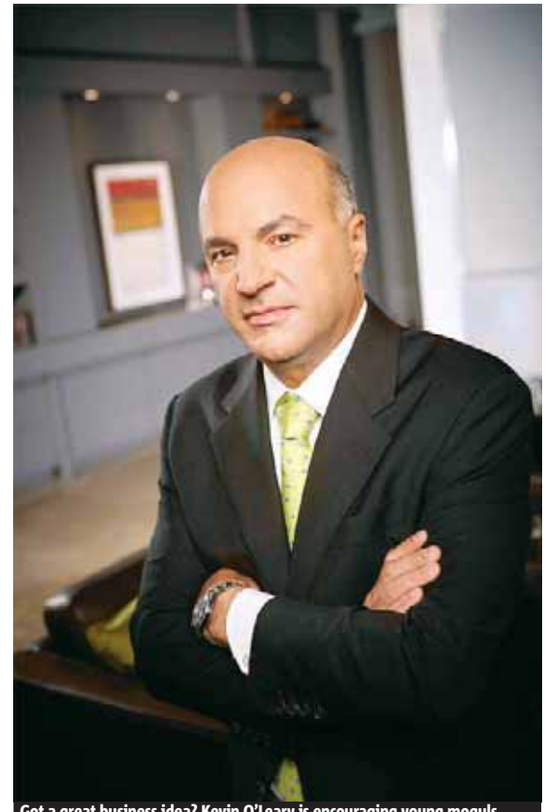
Teens in Grades 11 and 12 can send in videos about their entrepreneurial project or idea to him and win $5,000 (interest free) to invest as they want.

"I think it's a wonderful way for kids to get ready to present themselves, sell themselves. That's what you're doing; that's what you have to do when you're an entrepreneur," says O'Leary.

DURING SMALL BUSINESS MONTH TAKARA SMALL WILL BE INTERVIEWING SUCCESSFUL ENTREPRENEURS ABOUT THEIR JOURNEY ALONG THE WAY. THIS WEEK SHE INTERVIEWS PEOPLE HELPING NEW ENTREPRENEURS AND STARTUPS FIND SUCCESS.

E-laborate

• Go to metronews.ca/mom-and-pop-shops to see the full list of organizations and companies that are providing grants, loans, hardware and free programming in your area.



Got a great business idea? Kevin O'Leary is encouraging young moguls to pitch him their plans via video. CONTRIBUTED

And you, you're gonna love me!

Individual of influence. Survey finds that mastering the art of persuasion pays off

Whether it's convincing your boss that you deserve a pay raise or coaxing a group of friends to go to the movie you want to see, there are good reasons for being influential.

According to a new survey from American Express Canada, three quarters of Canadians do consider themselves to be influential. Putting that influence to work, however, can be tricky.

Shelby Walsh, president of Trend Hunter, a site reporting on the most popular trends and cutting edge ideas, says that word-of-mouth has always been a powerful tool. She's seen first-hand how social media is transforming the way we all share and receive recommendations, so here are her top tips on how to be more influential among your friends and family:

Confidence is king

An overwhelming 81 per cent of us say that confidence is a characteristic that makes someone influential. Confidence is a vital ingredient for a great date, a successful career, or even when trying to convince your friends or family members to try your new favourite restaurant.

Try something new

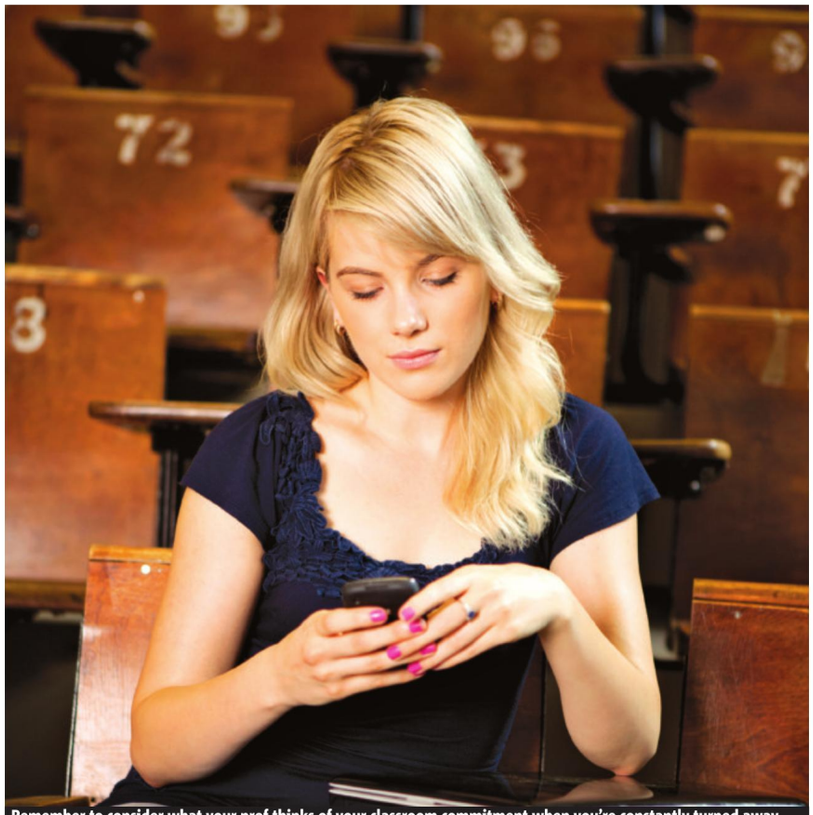
Almost half of Canadians (44 per cent) acknowledge that a person who experiences new things is often seen as more influential than someone who doesn't. By stretching the limits of your comfort zone and trying something new — a new vacation destination, restaurant or product — your level of influence will rise.

Can a salesperson be successful without some degree of confidence? Probably not. ISTOCK

Go social

The rise of social media has transformed consumers' influence, but also changed the way we share and receive recommendations for products and services. In fact, 43 per cent of those surveyed reported that they give the reviews posted on social media the same weight as those seen on traditional news channels.

NEWS CANADA



Remember to consider what your prof thinks of your classroom commitment when you're constantly turned away from their teachings. ISTOCK

Texts and books: Does it have a nice ring to it?

For whom the cell calls. Study indicates that sending cellphones out of school settings may be a futile endeavour

VICKI SALEMI
Metro World News in NYC

A new report conducted by Barney McCoy, associate professor of broadcasting at the University of Nebraska at Lincoln, shows more than 90 per cent of surveyed students admit to using mobile devices in class for unrelated activities.

The results of the report, published recently by the Journal of Media Education, show that texting was the No. 1 activity for students on their phones in class, making educators create no-tech policies.

Dr. Aaron J. Moore, associate professor of journalism at Rider University, explains: "Texting took over the classroom to the point (that) if I continually had to keep asking students to stop texting, it would ruin the flow of class." In fact, Moore previously had a no-device classroom rule until it became too much to police.

He's at the point of thinking, "If you can't beat 'em, join 'em" — with a caveat, that is: Moore incorporated the devices as part of his curriculum. "I teach public relations classes so we do a lot of tweeting. We use hashtags and find examples of those using social media in tactical and successful ways. Live tweeting is like a laboratory in action. Students can also 'converse' with professionals when tweeting in classes. They can also tweet their friends — but that is worth the risk."

Audrey J. Murrell, associate dean and associate professor at the University of Pittsburgh's College of Business Administration, agrees with Moore's mindset.

Realizing mobile devices are here to stay, Murrell supports students using technology educationally. "A creative solution is to incorporate them into the classroom activities, thus giving (it) a purpose."

Murrell believes that focus is a big part of using the devices. "It's important to not simply take in the information, but to really understand what is being communicated in the classroom. This takes focus, and one's focus is divided while texting," she says. "Also, the impression you give to faculty and peers is part of your personal brand. Think about what it would mean to you if you were communicating something important and you saw the other person text."

A student weighs in

"In one of my classes, there was a kid blatantly texting in front of the professor. The professor reprimanded and embarrassed him in front of the class. Needless to say, that kid made sure that he was never on his phone again during that class."
Rose M. Choi
Senior, University of Pittsburgh

Study findings

What were students doing on their phones?

- Texting: 86 per cent
- Checking the time: 79 per cent
- Emailing: 68 per cent
- Social networking: 66 per cent
- Web surfing: 38 per cent
- Gaming: eight per cent

Source: The Journal of Media Education/Barney McCoy, University of Nebraska, Lincoln

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Kadri set to be unleashed in top-line role with Leafs

NHL. Centre's minutes to increase as Toronto heads west for three-game road trip

This is Nazem Kadri's opportunity.

With Tyler Bozak expected to miss at least a week because of a lower-body injury, the Toronto Maple Leafs are counting on Kadri to fill his spot as the first-line centre between James van Riemsdyk and Phil Kessel. If Saturday night's showing against the Pittsburgh Penguins was any indication, Kadri is well-suited for that promotion, even if it's just a short-term one.

Kadri scored the game-winning goal and felt comfortable with his new linemates almost right away.

"They're good players, so you usually just have to be at the right spot at the right time and the puck is on your stick," Kadri said. "We're all on the same page, offensively."

Of course it took some time for the new-look first line to find some chemistry.

"I think ... maybe the first period or two we were feeling each other out a little bit," van Riemsdyk said. "But the only way to really develop that chemistry is to play with a guy and have that continuity with that. Obviously Naz is a really skilled player. It definitely makes the transition easier."

Kadri had first-line-calibre numbers in 2013: 18 goals and 26 assists in the lockout-shortened, 48-game season. A restricted free agent this past off-season, he signed a $5.8-million US, two-year contract with the Leafs.

Leaf notes

Leafs winger Phil Kessel was named the NHL's second star of the week on Monday after recording five goals in three games.

- Kessel's best performance of the week was in a 4-2 win over Anaheim, where he recorded his fourth career hat trick and scored the game-winner.
- The Leafs recalled defenceman John-Michael Liles Monday, ahead of their three-game road trip through Western Canada. Liles will likely serve as a seventh defenceman as the Leafs start the road swing Tuesday night in Edmonton.

With Tyler Bozak expected to miss at least a week, the Leafs are hoping Nazem Kadri, pictured, can fill the void as the club's first-line centre. MARK BLINCH/THE CANADIAN PRESS

Bozak has long been partnered up with Kessel, and coach Randy Carlyle likes to keep pairs like that together. But Bozak's lower-body injury suffered Friday in Columbus forced change, and Kadri made a good first impression on the first line.

"Nazy played hard," Carlyle said. "He made some plays through the neutral ice. There was a little flopping around there a few times, diving around, but not many guys can go in and make that play that he made to score the goal."

THE CANADIAN PRESS

'Football is football,' new Argo Maybin says

It's a new game with a new team in a new city, but it's still football for Aaron Maybin.

The former NFL first-round pick participated in his first workout with the Toronto Argonauts on Monday, a day after joining the practice roster. Maybin admits he's got much to learn about the Canadian game but isn't the least bit worried or intimidated.

"The way I see it I'm a football player, I adjust to whatever style I need to adjust to," he said. "It (Canadian field) is bigger than I'm used to but there's nothing intimidating about it, nothing too different.

"Football is football. You've just got to adjust and understand it's a part of the game."

While the linebacker is short on CFL experience he's not lacking in confidence.

Back between the lines

"I'm not there yet and I still have some work to do."

Aaron Maybin on concerns about his conditioning. Maybin is back playing again after being released by the Cincinnati Bengals in August.

"Talent," he said when asked what's the top attribute he brings to Toronto.

"I feel like there are things I can bring to this team and obviously the coaches feel that way too. I'm just coming in, working hard, trying to do my best to help the guys on this team that have been working all year to get to the place they want to be really bad and that's a championship."

THE CANADIAN PRESS

NHL

Stars get win for Ruff in Buffalo

Tyler Seguin capped a three-goal, first-period outburst, and the Dallas Stars hung on to deliver coach Lindy Ruff a 4-3 win in his homecoming against the Buffalo Sabres on Monday night.

Matt Moulson scored two goals in his Sabres debut, a day after being acquired in a trade that sent Thomas Vanek to the New York Islanders. THE ASSOCIATED PRESS

Matt Moulson scored two goals in his Sabres debut. GETTY IMAGES

Pastimes a changin'

NFL tops Game 4 in ratings war

Boston's 4-2 win over St. Louis in Game 4 of the World Series drew a slightly higher rating than San Francisco's title clincher last year but was topped by the Green Bay Packers' 44-31 win over the Minnesota Vikings.

Nielsen Media Research said Monday the Sunday night game on Fox received a 9.4 rating and 15 share and was seen by an average of 16 million viewers. The rating was up six per cent from the 8.9 for San Francisco's 4-3 victory at Detroit last year.

The NFL game drew a 9.8/15 and 16.9 million viewers on NBC. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Wednesday night's World Series Game 5.

MLS

"The only changes we're actually making are only going to be complementing the team."

Manager Ryan Nelsen at the end-of-year wrap session Monday for the 6-17-11 Toronto FC.

4 SPORTS

Bouncing back on the hardwood

Any number of issues are sure to arise as the NBA regular season unfolds beginning Tuesday night. Here are six things to look forward to and think about before the games begin:

TORSTAR NEWS SERVICE
Photos by Getty Images

Tank for Wiggins

The 2014 draft is loaded — some see it almost as good as the 2003 draft — and it'll be fun to watch teams try to lower themselves into the bottom of the standings with mid-season moves designed to worsen them. The leaders as the gates open are Philadelphia and Phoenix, two remarkably bad teams.

Derrick Rose returns

Two seasons ago with a healthy Rose, the Chicago Bulls had the best record in the NBA. The point guard played at such a high level in the preseason it's entirely likely they get back to that lofty height. And if they do, can they win it all?

When will Thunder roll?

The Oklahoma City Thunder will have to wait four to six weeks for Russell Westbrook to get healthy enough to play following knee surgery. Can Kevin Durant, Serge Ibaka and Kendrick Perkins hold down the fort long enough for Westbrook to get back up to speed.

Who rules L.A.?

Remember all those years when the Lakers were competing for championships and the Clippers were a laughingstock? They're gone. Doc Rivers is leading the Clippers and Kobe Bryant's on the shelf right now for the Lakers and the balance of L.A. power has shifted.

The bottom halves

The locks for playoff spots at the top of each conference seem logical but the races for the sixth, seventh and eighth post-season slots could be delightful. You've got Atlanta, Detroit, Washington, Toronto and Milwaukee in the East and Memphis, Houston, Denver, New Orleans, Minnesota and the Lakers in the West.

Too hot for Heat?

After two long runs to championships, the inevitable aging of an oldish roster, the question has to be asked: Will LeBron James and the Miami Heat have enough energy and enthusiasm to muster another tiring chase?

Canadian ballers have arrived

They run the gamut from veterans to kids, from bit players to stars, they populate good rosters and bad ones.

But no matter how they are categorized or what they do or how they fit, there is one undeniable fact: Canadians have arrived in the NBA. Bigger and better and more prominent than ever.

As the NBA regular season opens Tuesday night, there is a decidedly north-of-the-49th-parallel feeling to the season with more Canadian content than ever before.

They are: Steve Nash and Robert Sacre with the Los Angeles Lakers; Cory Joseph with the San Antonio Spurs; Anthony Bennett and Tristan Thompson with the Cleveland Cavaliers; Andrew Nicholson with the Orlando Magic; Joel Anthony with the Miami Heat; Kelly Olynyk with the Boston Celtics; and Samuel Dalembert with the Dallas Mavericks.

Quoted

"He plays so hard.... He's always trying to do his job well. I'd rather that be the case than not."

Celtics coach Brad Stevens on the work ethic of Canadian rookie Kelly Olynyk.

They mark the greatest representation of Canadians in the league at any time in history and three of them will undoubtedly attract more attention than the others, for disparate reasons.

Nash is the NBA's oldest player now and at 39 years old, care and control of the two-time MVP's minutes and games will be of paramount importance as the Lakers try to shake off the memories of a disastrous 2012-13 season.

There's already a suggestion Nash will sit out a game Wednesday against Golden State, the first of many back-to-back contests he's expected to miss.

"The idea is to cut down the numbers of games and keep the minutes consistent for him, but the number of games comes down," Lakers coach Mike D'Antoni said.

At the other end of the spectrum is Bennett, the first overall pick in last June's draft, a multi-faceted forward just beginning his career. He's seen as a centrepiece of a growing Cavaliers roster that includes his fellow Canadian Thompson and point guard Kyrie Irving.

And then there is Olynyk, a late-lottery draft pick of the Dallas Mavericks who was moved on to Boston in a trade. In their annual poll, 13 of 30 NBA general managers said the native of Kamloops was the biggest steal of the draft after being taken with the 13th selection.

With the expected arrival a year from now of presumptive No. 1 draft pick Andrew Wiggins, the Canadian content in the NBA will continue to grow.

TORSTAR NEWS SERVICE

Brampton's Anthony Bennett was selected first overall in this past summer's NBA draft by the Cavaliers. JEFF BOTTARI/GETTY IMAGES FILE

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Horoscopes

♈ Aries
March 21 - April 20
Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

♉ Taurus
April 21 - May 21
You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

♊ Gemini
May 22 - June 21
Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

♋ Cancer
June 22 - July 23
You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

♌ Leo
July 24 - Aug. 23
Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

♍ Virgo
Aug. 24 - Sept. 23
You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

♏ Scorpio
Oct. 24 - Nov. 22
The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

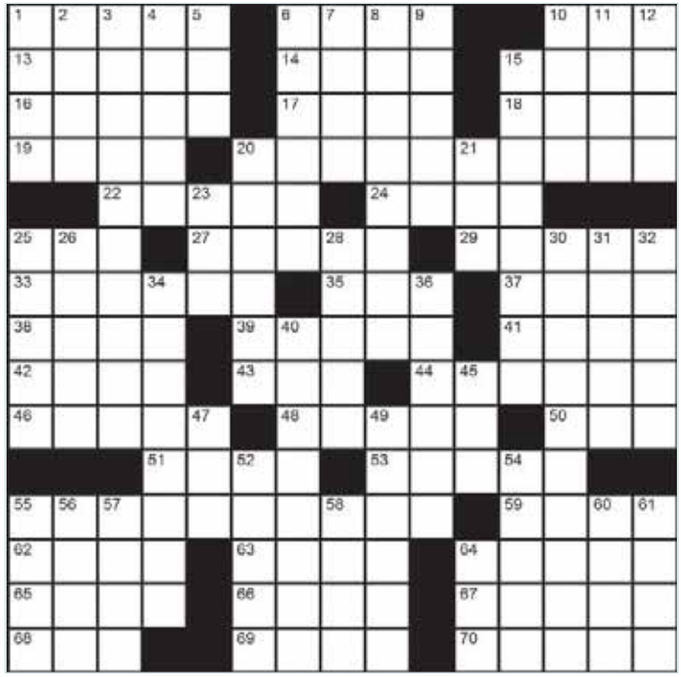
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

♓ Pisces
Feb. 20 - March 20
You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

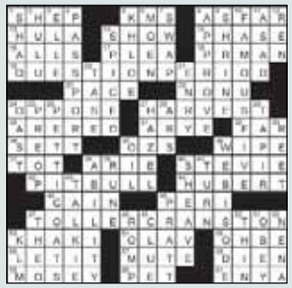
BY KELLY ANN BUCHANAN



Across
1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. _ __ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato __
29. 1861 George Eliot novel, __ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "__ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts
50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure
63. Baltic Sea feeder
64. __ __ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morphosis'
70. Popular plants

Down
1. Ms. McEntire
2. Freshly
3. Vancouver Island: __ Provincial Park
4. Laboratory dish
5. Century components, curtly
6. Restricts
7. __ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___. (Microsoft founder, fun-style)
10. "Voila!"
11. __ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "__ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever _ __..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and __
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	3			8		
4	3			7	2			
7			6				9	
3				1				8
		6				4		
1				2				5
	5				8			6
			1	6			2	9
		4			9	7		

Yesterday's Sudoku

1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

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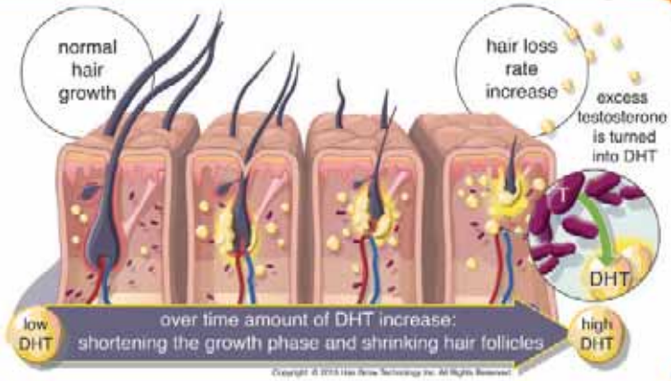
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hair loss rate increase
excess testosterone is turned into DHT
DHT
low DHT
over time amount of DHT increase:
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high DHT

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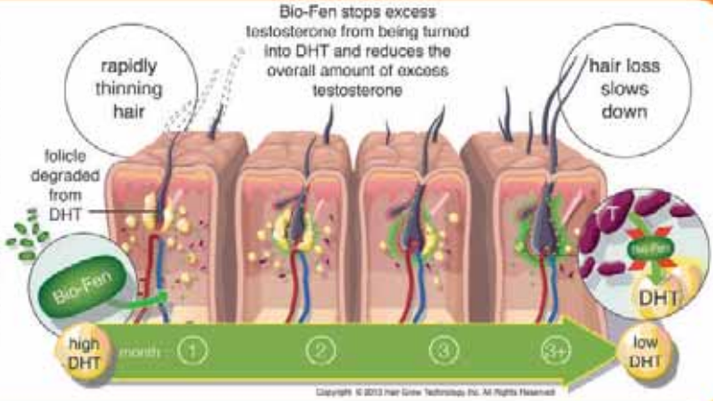

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